

Our History

The history of the Western States Endurance Run (WSER) is just one more chapter in the colorful history of the remote and rugged Western States Trail. First used by the Paiute and Washoe Indian tribes, the route



became an important link for the pioneers of the 1860s between the gold mines of California and the silver lodes of Nevada. In 1955, **Wendell T. Robie** of Auburn founded the Western States Trail Ride (the "Tevis Cup"), a world-renowned, 100-mile, one-day challenge for horses and their riders along the Western States Trail. Later, he would organize the Western States Trail Foundation to protect and maintain the Western States Trail and to manage the 100-mile Ride.

In 1974, **Gordy Ainsleigh**, a 27-year-old woodcutter from Meadow Vista, CA, joined the horses of the Western States Trail Ride on foot, running the entire 100-mile course in 23 hours and 42 minutes. Inspired by **Drucilla Barner** of Auburn, first woman to win the prestigious Tevis Cup and secretary of the Western States Trail Foundation, Gordy's run laid the foundation for the Western States Endurance Run. Since then, thousands of athletes from six continents and more than 30 countries have accepted the challenge, testing themselves throughout a long day and night in the high Sierra.

Governed by the Western States Endurance Run Foundation, the Run flourishes due to the indefatigable energy of 1,200 loyal volunteers, most of whom are from local communities, some from as far away as Florida. The event also relies on the invaluable support of the U.S. Forest Service, and other state and local groups and agencies. This vast team effort has created

an event of worldwide significance. To the runners who participate, however, the experience is intensely personal, becoming a gift of individual growth that will be forever cherished.



Western States Endurance Run is a 501-c(3) corporation, governed by a Board of Trustees. "Western States Endurance Run," "Western States 100," and "Western States" are registered service marks under federal and state law.

WESTERN STATES 100-MILE ENDURANCE RUN

Presented by The North Face



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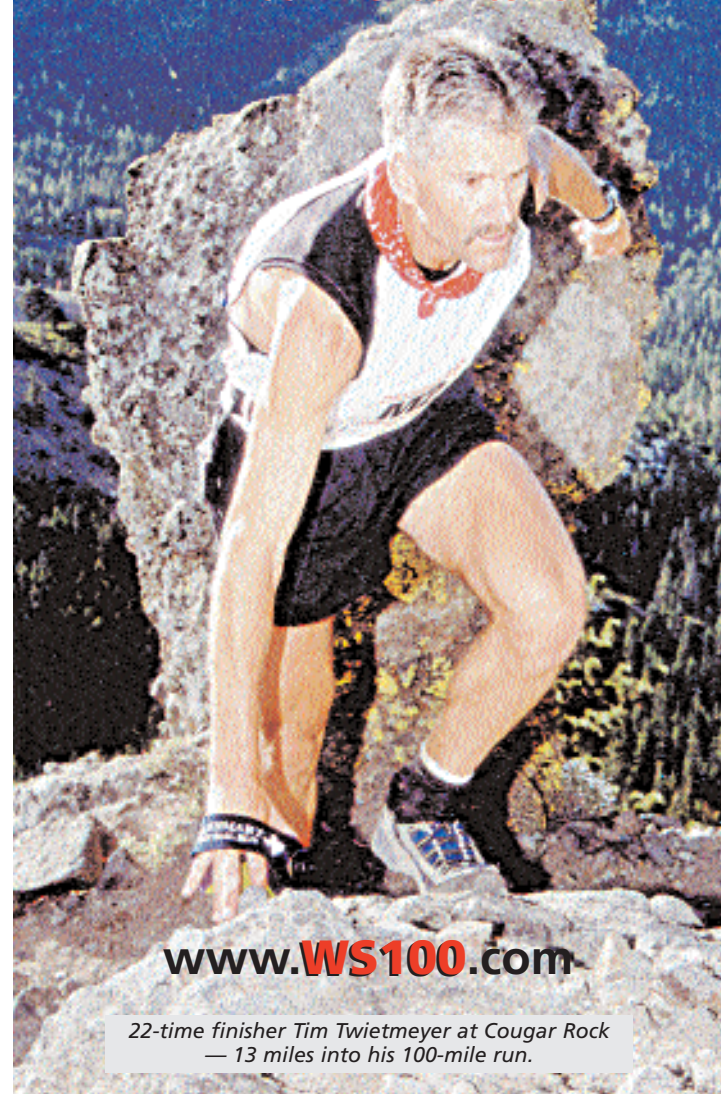
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WESTERN STATES ENDURANCE RUN

100 Miles • One Day

Squaw Valley to Auburn, California

An Annual Event since 1974



www.WS100.com

22-time finisher Tim Twietmeyer at Cougar Rock
— 13 miles into his 100-mile run.

WESTERN STATES ENDURANCE RUN

VISION

- ✦ The Western States Endurance Run is committed to strengthening our tradition as the world's preeminent 100-mile trail run.

GOALS

- ✦ Set the standard for personal challenge and event organization of 100-mile endurance runs.
- ✦ Consistently provide a safe, supportive venue for challengers to test their limits.
- ✦ Support and promote medical research to increase understanding of the effects of endurance sports on the human body.
- ✦ Support our communities through scholarships, volunteerism and cooperative partnerships.

VALUES

- ✦ Respect for every athlete, volunteer and crew member who participates in the Western States Endurance Run.
- ✦ Responsibility to our communities.
- ✦ Commitment to medical research.
- ✦ Concern for the environment and stewardship for the land through which the Western States Endurance Run passes.

Community Involvement

The Western States Endurance Run maintains a tradition of community involvement. Since its inception, the Run has supported local communities through scholarships, participation in and donations to community service programs, membership in community organizations, and trail maintenance.

Our contributions include the following:

- One million dollars in retail sales annually to Placer County restaurants, motels and hotels, gasoline stations, grocery stores and many other retailers.
- An annual donation to the Placer High School athletic department and scholarship program, the California Conservation Corps, the Foresthill Trails Alliance, and the Sweep Riders of the Sierras.
- In a coordinated effort and partnership with the Western States Trail Foundation and the U.S. Forest Service, funding trail projects and managing and providing countless hours annually to trail maintenance and improvements.
- The WSER maintains membership in the Auburn Chamber of Commerce, Foresthill Chamber of Commerce, Golden West Historical Society, the City of Auburn Endurance Capital Committee, and it is affiliated with the Foresthill Trails Alliance.
- The WSER out-sources a variety of its needs to businesses in the Auburn Area.

Medical Research

The Western States Endurance Run is committed to conducting, supporting and encouraging scientific and educational research in the field of human medicine through the testing and study of long-distance runners who participate in the Run, and to reviewing, analyzing and publishing this scientific data for beneficial use by the sports medicine research community. The Western States Endurance Run spends several thousand dollars on medical research each year, and in our history, we have funded and/or conducted more than two dozen medical studies. Some examples are below.

- Electron microscopy of muscle biopsies: a study of muscle damage vs. cellular death in Run participants.
- CPK enzyme studies to identify Run participants with significant myoglobin in their blood, which can lead to renal failure.
- Hyponatremia with seizures: with close case studies to identify causes and prevention.
- Osteoporosis study in Run participants.
- Immune system suppression due to stress of the Run, performed in conjunction with Appalachian State University, Department of Human Performance.
- Testosterone suppression in male Run participants.
- PSA screening for cancer of the prostate in male Run participants.

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The WSER is grateful to Roseville Community Hospital, Lodi Memorial Hospital Laboratory, the Sierra Nevada Hospital Laboratory and Sutter Auburn Faith Hospital for their generous assistance with many of these studies.

"Ask not for victory, ask only for courage. For if you endure, you have brought honor to yourself. More importantly, you have brought honor to us all." —Attributed to Aeschylus (525-456 BC)